



RECREATION

Vacation Planning, With Tips for Trips To Save Your Gas

BUDGET considerations and family preferences normally influence the selection of a vacation plan. In recent years challenge and adventure have also become important factors.

However, future restraints on automotive travel imposed by the energy situation may limit your vacation options to sites close to home or reasonably accessible by public transportation.

The following vacation plans avoid excessive use of personal vehicles in seeking outdoor recreation opportunities. Frequently the choices described are accessible by train, bus or other public transportation.

Specific information on location, accessibility, facilities, and fees is given in a wide variety of vacation and camping directories and travel atlases available at most large newsstands and bookstores.

Here's a listing of vacation options:

National Forests

The 187 million acre National Forest System, administered by the Forest Service, U.S. Department of Agriculture (Washington, D.C. 20250), extends from coast to coast. The 154 National Forests include lands adjacent to metropolitan areas as well as more remote attractions. Thousands of developed camping, picnicking, swimming, and boating sites are offered in an environment of your choice—along a seashore or river, in an alpine meadow, or in tall timber.

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Recreational maps are available for individual forests. Facilities range from primitive to those with all the amenities.

A special attraction to hardy outdoors people is the over 11 million acres of designated Wilderness, in which no motorized equipment is permitted.

The National Forest System offers over 90,000 miles of trails for backpackers.

Fees, if charged, vary according to the amount of site development; however, the majority of sites are free. Average fee at charge sites is less than \$2 per night per family.

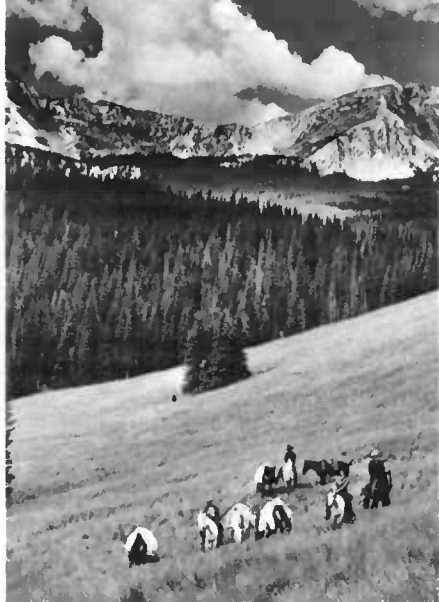
Interpretive facilities and programs often are provided, but electrical and sewer hookups for recreation vehicles seldom are available.



For beginners, and especially those with small children, several short visits to more highly developed sites is recommended for a start, since many modern conveniences are not present in the average National Forest recreation facility.

National Parks

The 35 National Parks in the National Parks System, administered by



Scenes on the National Forests.

in the free interpretive programs.

Lodges and dining facilities cater to the public in the larger parks.

Although camping is permitted in designated areas, camping activity is considered secondary to the opportunity to enjoy the attractions which the park is established to protect. Hunting is not allowed.

Neophytes will generally find a short visit to a National Park a good introduction to this fine national heritage, prior to making more extended campouts. Reservations may be required at some places.

Public Domain

The Bureau of Land Management, also in the Department of Interior, has a number of camping and picnic sites in the Western States, generally of a more rustic nature.

the National Park Service, U.S. Department of the Interior (Washington, D.C. 20240), generally require an entrance fee. In some cases, user fees are also appropriate. The Golden Eagle Passport will cover the entrance fee on an annual basis.

National Parks are situated in areas that have outstanding natural attractions, historical significance, or special recreational opportunities.

The principal features are included

Seashores

These units of the National Forest and National Park Systems put special emphasis on recreation.

Facilities are usually more highly developed than in the average National "area," but otherwise the previous discussion applies.

State Parks

Almost all of the States provide excellent recreation facilities in attractive State Parks, with a wide range in number and quality. The respective Departments of Parks, c/o The State Capitol, can furnish detailed directories.

Reservations often are required and fees usually are collected. Generally, supplies including firewood can be purchased.

On the average, sites are usually closer to population centers than the National Areas, and more highly developed. Often these parks offer a good introduction to camping and picnicking, prior to embarking on tours to the more remote parts of the National Areas.

Corps of Engineers Installations

The ten million acres of land and water included in water impoundments constructed by the U.S. Army Corps of Engineers (Washington, D.C. 20314) for flood control or navigation purposes frequently have been developed to provide marinas, picnic sites, and camping facilities.

Currently 390 Corps lake projects have heavy recreation use.

Directories can be obtained from the Corps of Engineers or from local Chambers of Commerce.

Roughly two-thirds of Corps lakes having recreation use are located within a 50-mile radius of metropolitan areas having a population of 50,000 or more.

Fees are sometimes required for the more highly developed facilities.



Activities at Corps of Engineers installations.

Recreation opportunities are generally water-oriented, and most visitors are attracted by the appeal of water sports. Rental boats are generally available at the marinas but instruction in boating and skiing normally is not provided.

Facilities for recreation vehicles are usually furnished, as are attractive picnic and camping sites.

Power Company Impoundments

Many of the private utility companies that furnish hydro-electric power have developed the shore areas of their reservoirs intensively to provide a wide variety of attractive recreational facilities. Included are marinas, picnic sites, campgrounds, golf courses, and tennis courts. Facilities are open to the public; fees are often collected.

Full facility hookups for recreation vehicles often are available. Information on location and facilities can be obtained through local Chambers of Commerce in the geographical area of your choice or through the power companies.

The Tennessee Valley Authority and similar organizations likewise have constructed water impoundments whose shorelines have been developed for public use.

Privately Owned Campgrounds

Booming interest in camping and the overcrowding of public recreation sites have stimulated commercial development of privately owned campgrounds, many of them with excellent facilities. Fees are charged.

Over 50 separate companies now provide more than 8,000 family units. Some firms have a national chain system.

Two kinds of development are found:

1. Those that offer rental sites available for picnicking or camping, on a first-come, first-served basis, or by reservation.

2. Those that offer a tract of land which can be purchased individually or cooperatively as a permanent personal

campsite. House trailers, mobile homes, or recreational vehicles can either be rented or purchased privately for use on these lots, seasonally or otherwise. The lots essentially are second-home sites or sylvan condominiums.

Both types of area usually offer central laundry, store, swimming, playground equipment, gameroom, and other facilities for the pleasure of the tenants. In addition to the Camping Directories, the Family Camping Federation (Bradford Woods, Martinsville, Ind. 46151) has information.

Some private timber companies have campsites and picnic areas on their forest lands, open for public use. Facilities tend to be primitive. Most are free but numbers are still rather limited.

Contact timber companies directly or the American Forest Institute, 1619 Massachusetts Avenue N.W., Washington, D.C.

Farm Vacations

You can join old McDonald on his farm and spend anywhere from a few days to several weeks being one of the family.

The kids can see live farm animals and eat wholesome food. The parents can help do chores, if they wish, or simply take it easy.

Cost is modest and varies with your choice. The rural environment is educational, peaceful, and satisfying and provides an outstanding opportunity for families to identify with nature in easy steps.

A farm vacation is recommended for young families and those making their first "escape" from the urban environment. Information on location can be obtained through local Chambers of Commerce or Travel Services in the geographical area of your choice, or through Conservation Districts or County Agents.

Dude Ranches

These are variations of the farm vacation, but without the work angles.



You stay at a ranch house in rural or mountainous settings amidst scenic attractions, and participate in trail rides, hiking, swimming, and games.

Dining and dancing are an added attraction not available with most outdoor vacations.

The ranches usually are near National Forests or National Parks. Some offer the opportunity to watch a working ranch and cowboys in action, though these are liable to be a more rustic experience best reserved for a second trip.

Contact the Dude Ranchers Association, 2822 Third Avenue North, Billings, Mont. 59101.

Resorts

A wide variety of private resorts ranging from fairly rustic tent camps to modern full facility spas are available in most vacation regions.

Prices vary with location and facilities provided, but resorts are surprisingly inexpensive and offer wonderful opportunities to "rough it" in a gentle fashion.

Evening entertainment and special



Guided trail excursions are another source of vacation fun.

facilities for children are often available.

You can obtain further information from: National Forest Recreation Association, 22841-A Media Lane, Cupertino, Calif. 95014. Also, from the Conference of National Park Concessioners, 1003 Abby Way, McLean, Va. 22101.

Condominiums, Second Homes

Almost 5 percent of American households now own a second home, mostly



for recreation or vacation use. Many condominiums can be rented, and offer a good opportunity for a change of scenery with little loss of convenience or comforts. Arrangements must be made through local realtors for the area of your choice, or with the owner.

Costs are generally higher, since most rentals are found in the more popular recreation areas where values may be on the rise. However, the opportunity to reduce food costs by doing your own cooking is significant, and many recreation activities are usually at hand nearby, including golf, horseback riding and cycling.

Wilderness Trail Excursions

The American Forestry Association, the Wilderness Society, Sierra Club and similar organizations based in Washington, D.C., sponsor completely equipped and supervised excursions into back country and roadless areas of outstanding scenic attraction. Many of these trips penetrate units of the National Wilderness Preservation System.

Guide service is furnished. Transportation is generally by horseback, though some hiking trips are also offered with pack stock to transport the equipment and supplies. All you need bring is yourself and suitable clothing.

Trips range in length from several days to two weeks. They are not so rugged as to exclude small children but are still not recommended for a first experience in camping or hiking, since modern facilities are non-existent and medical aid is limited.

Fishing Ponds

Thousands of fishing ponds constructed by farmers for conservation purposes or personal use are sometimes available for limited public use, under restrictions. They offer an inexpensive outing close to home.

Many of the larger cities are fringed with commercial fishing ponds. Here you can rent fishing gear or use your own. You pay for what you catch, by the pound, and you may be guaranteed a catch.

See your local Fish and Game Commission or County Agent for addresses.

Float Trips

Floating down many of the major rivers of the West and South is similar to a wilderness trail excursion, except the transportation is by boat or raft.

"White Water" trips should be reserved for a second venture since excitement and challenge are their specialty. Calm water trips are fun for all ages and abilities.

Information is available from several organizations such as the American Canoe Association, 4200 East Evan Street, Denver, Colo.

National Forests and National Parks frequently provide the locale for such trips. Reservations are usually necessary.

Houseboating

You can rent a completely furnished houseboat and head upstream, downstream, or across a lake, berthing each



night at a different spot along friendly shores, or you can stay moored in one place.

Rental services that supply these accommodations limit houseboat availability to relatively large bodies of water, but a wide variety of experiences are available. The necessary nautical savvy for most rental adventures can be acquired easily at the site.

For families the experience is generally relaxing and slow tempo, with fishing and swimming in abundance. Contact the Chamber of Commerce or Tourist Bureau in the area of your choice.

Skiing

Winter vacations are becoming increasingly popular. Although somewhat more difficult to fit into work and school schedules, the popularity of this form of outdoor recreation is increasing rapidly, since it combines desirable features of several of the summer recreation opportunities.

Skiing can be a family experience which brings you close to nature at an exciting time of year, provides physical activity at whatever level is individually appropriate, and offers opportunity for evening entertainment if desired.

Downhill skiing on lift-served hills is available at a wide variety of resorts with centers of activity in New England, the Lake States, the Rocky

Mountains, and the Sierra and Cascade Mountains from California to Washington. Commercial airlines serve these centers.

Some 200 of the popular skiing areas are provided on National Forests by concessionaires operating under Forest Service guidelines.

Detailed information can be obtained from the U.S. Department of Agriculture or from the National Ski Areas Association, 61 South Main Street, West Hartford, Conn.

Cross-country skiing or ski touring offers challenges wherever there is good snow. Popularity of the sport is booming due to the low costs and sheer adventure. Enthusiasts feel this is the ultimate back to nature experience for pure enjoyment of nature's beauty.

Detailed information can be obtained from the U.S. Department of Agriculture, or the U.S. Ski Association, 1726 Champa Street, Denver, Colo.

Instructions on survival technique and first aid should be obtained before starting out in both types of skiing.

Travel Services

It's possible to travel by train or other public transportation to another city or area and then rent a car or take a bus to reach a recreational attraction such as the Disneylands, skiing areas, etc. Commercial airlines offer many attractive "package" excursions.

Travel clubs organized for mutual benefits can obtain special charter rates or even operate their own buses or aircraft. The Civil Aeronautics Board requires that you must have been a member of a travel club for at least six months before you can join an affinity charter flight.

Many Federal agencies have their own travel clubs, some of which include ski trips in their itineraries.

In the Washington, D.C., area a service called Auto-Train transports automobiles and their passengers to Florida via railroad, thus saving both highway travel and precious fuel. This type of service is expanding.

Bus Tours

Both Greyhound and Continental Trailways offer "See-America" Tours that provide a 30-day low cost trip on which you can stop over locally as you like for a stay at many desirable spots.

A car can be rented, if you wish to take a side trip. Meals and other costs are your own.

Chartered package tours for special attractions such as Fall colors are quite popular. Many of the bus routes go through National Forests or National Parks.

From the Horse's Mouth—How Not To Ride for a Fall

WITH THE INCREASE in leisure and recreational time, more and more people are turning to activities involving the use of horses. The energy situation has placed emphasis on local recreational activities, which most likely will spur the demand for renting or buying horses. Today, over six million horses occupy pastures or stables in the United States, mostly in suburban areas.

Horses benefit the community in that they can develop in children a strong sense of responsibility, and thus prepare them to become better citizens. Riding fulfills the psychological needs of many people to escape the tensions of today's fast pace, in addition to providing physical exercise for a people who so desperately need it. It's a sport in which the entire family can take part.

A novice rider will experience ups and downs, thrills and spills, aches and pains, as he takes to the bridle trails, fields and parks in the spring. Horseback riding is seldom boring, some-

times painful, and different each day you ride.

Horses are widely used in sports just about everywhere. Horse racing is a valuable source of tax revenue in many States. Horse shows and rodeos have become competitive sport attractions.

Polo is an increasing sports draw in the East as its popularity grows and the competition becomes keener. Jousting events are held annually near the Washington Monument in the Nation's capital. Steeplechases, barrel races, endurance rides, hunt meets, roundups, and organized trail rides continue to give riders a variety of activities.

Already many cities and municipalities have had an increase in requests for established bridle trails and use of horse-drawn vehicles. The natural affinity of people for horses has propelled the horse into a significant role, particularly in youth development programs.

Programs designed to rehabilitate physically handicapped and emotionally disturbed youths have become widespread throughout the United States. The youths are learning respect, discipline and a feeling of security by riding horses and finding that they can accomplish control and authority over these large animals. The psychological therapy in horsemanship is encouraging them to keep trying and fighting to overcome their handicaps.

As more and more people take to horseback riding, many ask, "Should I rent or buy?" To help you decide which method is best for you, let's look at the options.

If you rent, you do not have to be concerned with the care and upkeep involved in owning a horse. The tack (riding equipment) is usually furnished with the rented horse. Most commercial stables have the horse cleaned and tacked when you arrive and all you do is get on and ride.

You may be limited to the estab-

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